

IN THE SPECIFICATION

Please replace the paragraph at page 9, lines 10-15 with the following amended paragraph:

-- The second elastic strap 16 is constructed with a second elastic band 60 and a second plurality of resistance adjusting pieces 62. A second latching mechanism 64 is clipped onto the second elastic band 60. The second latching mechanism ~~[[56]]~~ 64 allows for attachment between the second elastic strap 16 and either of the flexible body 12 or the flexible band 18. --